



BRAY 10KM CLIFF RUN

BRAY 10KM CLIFF RUN 01/04/2017

COMPETITOR ESSENTIAL INFO

Please be aware this is a cliff path run. The ground can be uneven, stony and slippery. At points the path wall is quite low with a very dangerous drop on the other side. You must take responsibility for your own safety.

REGISTRATION

You cannot do the race without registering. Race numbers will be available on the Killary Gaelforce website ONLY, from 6pm on Friday 31st March. Please know your race number before coming to registration.

DATE AND TIMES:

Registration takes place on 1 April 2017 in the Killary Gaelforce marquee beside the Martello Hotel on Bray promenade. See table below for times.

PLEASE NOTE:

- Try to come as early as possible so that we do not have a bottleneck of competitors at the last minute
- There is VERY LIMITED PARKING at the Bray promenade
- There is no registration in Greystones
- **Bag Drop** will be in the Martello Hotel. Please do not leave anything valuable here as **we will not be responsible for lost items.**
- **There will be no bins at the start line. Any spare clothes, etc, will have to be carried with you or left at the bag drop**
- Amnesty International will have a donation bucket at the bag drop if you would like to support them

THE RACE

START LINE - GETTING THERE

You can either get dropped to the start line on Greystones South Beach (behind the big car park, council offices and play ground) or take the DART from Bray.

THE DART

If you purchased a dart ticked through registration these will be in your race pack. **We will not be selling Dart tickets at registration.**

Please purchase your DART ticket in advance to avoid any delay in getting the train. The cost is €2.20.

GREYSTONES DART STATION TO START LINE:

Turn left when you come out of the train station and go under the arch to the beach. Turn right up the beach and you will see the start gantry.

RACE START TIMES:

See the race start times in the below table. You chose your wave when you entered online. There are no changes to waves.

Please note that you must be in Wave 1 (16:40) to win the race overall or a category.

THE ROUTE

Please note that the route is uneven in many places with sand, stones and gravel underfoot.

There is a beach start followed by road, before you reach the cliff path.

We will have marshals and signage in place to assist you.

There will be water available at one point along the course and at the finish line.

FINISH LINE

- The finish line is located on the Bray promenade, beside the band stand
- T-shirts will be presented at the finish line
- Competitor food at the finish line will be supplied by John West
- There will also be water and fruit available

PRIZE GIVING & AFTER PARTY

Up to E500 in cash prizes up for grabs! The prize-giving and after-party will take place at 19:30 in the Martello Hotel. If you are a prize winner and can't make it to prize giving please arrange for someone to pick your prize up for you.

BRAY 10KM RACE TIMES

Wave	Start time	Registration	DART time (Departs Bray)
1	16:40	14:00 -15:30	16:11
2	16:50	14:00 -15:30	16:11
3	17:10	15:00 - 16:00	16:45
4	17:20	15:00 - 16:00	16:45
5	17:50	15:30 - 16:30	17:11
6	18:00	15:30 - 16:30	17:11



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BRAY 10KM CLIFF RUN APPENDIX 1

MEDICAL INFORMATION

If you have a medical condition that we need to be aware of please drop us an email, info@gaelforceevents.com, in advance of the event.

EVENT RULES

For reasons of fairness, safety and responsibility people are expected to abide by the following simple rules. Rules and/or the course may need to be modified in order to deal with unforeseen circumstances at the discretion of the race organisers.

RACE RULES

On entering, competitors agree to a declaration to waive liability, confirm acceptance of the rules & agree to the release of personal images to the media and for event promotion purposes.

International competitors must have the appropriate travel documents, visas & comprehensive medical insurance in place for this event.

We do advise that competitors organise

their own personal insurance.

Do not trespass or cut corners – follow the event instructions.

Do not litter. We are very lucky to have access to this stunning route. It is essential that no littering happens anywhere on the course including at transition areas. Anyone seen to be littering will be disqualified immediately, with no exceptions.

Respect the environment & local inhabitants.

Assist any persons who are in difficulty (e.g. injury) as appropriate.

MP3, Ipods etc are not allowed.

The Race Director's decision is final

HAVE A GREAT RACE!

**KILLARY GAELFORCE,
LEENANE, CO. GALWAY.**

**E: INFO@GAELFORCEEVENTS.COM
WWW.GAELFORCEEVENTS.COM**



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